

Program Calendar

Providing FREE professional programs and emotional support, education and hope for people impacted by cancer, so that no one faces cancer alone.

Join Us

We provide FREE services for all people with cancer and their loved ones. Learn more by attending an Orientation meeting, check the calendar for dates and times. These informal sessions will introduce you to our program of hope and support and are a requirement before participating in support groups.

Locations

The Suzanne Morgan Center
@ Ridgeland (Philadelphia)
215-879-7733

Gilda's Club (Warminster)
215-441-3290

Abington Jefferson Health
215-481-4642

Doylestown Hospital
215-345-2022

Alliance Cancer Specialist @
The Cancer Institute of
Doylestown Hospital

Alliance Cancer Specialist @
Grand View Outpatient Center
215-453-3300

Alliance Cancer Specialist @
Crozer Chester Medical Center
610-876-5166

Cancer Treatment Centers of
America

Dear CSCGP Members & Volunteers,

2020 is off to a busy start

We are excited to announce that CSCGP is expanding our reach further into the community with a NEW satellite site at Cancer Treatment Centers of America. Stay tuned for details and a program schedule.

We hope that everyone is feeling informed and current on the happenings around CSCGP. Ensuring that we have an accurate email address is the best way to stay current. Weekly program emails are sent every Friday, if you are not receiving this communication from us, please check with any staff member to update your address, check your SPAM folder and mark messages from us as safe.

Just a reminder this calendar is available online at www.cscgp.org, for pickup at all locations and emailed weekly.

SAVE the DATE: 2020 Celebration of Hope Friday, June 5th

Anyone interested in helping with the planning, please email Beth bethc@cancersupportphiladelphia.org

****Monthly Calendars are available at www.cancersupportphiladelphia.org and via weekly emails.** Email info@cancersupportphiladelphia.org to update your current email address to ensure accurate electronic calendar delivery. Those *without* email access should call Janet Ruben @ 215-879-7733 in order to continue receiving a mailed copy each month.



Monday	Tuesday	Wednesday	Thursday	Saturday
<p>Writing About Your Cancer Experience 10-11:30am</p> <p>DIY Spa Series 11:30am-12:30pm</p> <p>Qigong 1-2:30pm</p> <p style="text-align: right;">3</p>	<p>Survivor Story Box Series 11:30am-1pm</p> <p>Reaching Beyond: OT Healthy Living Series 1:30-2:30pm</p> <p>Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">4</p>	<p>Tai Chi & Qigong 9:30-11am</p> <p>Caregiver Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>Yoga Therapy for Cancer 5:30-7pm</p> <p>Bereavement Support Group Series 6-7:30pm</p> <p style="text-align: right;">5</p>	<p>Guided Meditation 10-11am</p> <p>Making Connections While Navigating Treatment Support Group 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Restorative Yoga 1:30-2:30pm</p> <p>New Member Orientation 6-7pm</p> <p style="text-align: right;">6</p>	<p style="text-align: right;">8</p>
<p>DIY Spa Series 11:30am-12:30pm</p> <p>Qigong 1-2:30pm</p> <p>New Member Orientation 1:30-2:30pm</p> <p style="text-align: right;">10</p>	<p>Survivor Story Box Series 11:30am-1pm</p> <p>Reaching Beyond: OT Healthy Living Series 1:30-2:30pm</p> <p>Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">11</p>	<p>Tai Chi & Qigong 9:30-11am</p> <p>Caregiver Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>Yoga Therapy for Cancer 5:30-7pm</p> <p>Bereavement Support Group Series 6-7:30pm</p> <p style="text-align: right;">12</p>	<p>Making Connections While Navigating Treatment Support Group 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Restorative Yoga 1:30-2:30pm</p> <p>Little Love Jar: A Love-Giving Activity 6-7:30pm</p> <p style="text-align: right;">13</p>	<p>Men's Group & Breakfast 10am-12pm</p> <p style="text-align: right;">15</p>
<p style="text-align: center;">CLOSED</p> <p style="text-align: right;">17</p>	<p>Living Well with Metastatic Cancer Networking Group 11am-12:30pm</p> <p>Survivor Story Box Series 11:30am-1pm</p> <p>Reaching Beyond: OT Healthy Living Series 1:30-2:30pm</p> <p>Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p>New Member Orientation 2-3pm</p> <p style="text-align: right;">18</p>	<p>Tai Chi & Qigong 9:30-11am</p> <p>Caregiver Support Group 11am-12:30pm</p> <p>Workout Wednesday 1-2pm</p> <p>Reiki Share 2-3pm</p> <p>Yoga Therapy for Cancer 5:30-7pm</p> <p>Bereavement Support Group Series 6-7:30pm</p> <p style="text-align: right;">19</p>	<p>Guided Meditation 10-11am</p> <p>Making Connections While Navigating Treatment Support Group 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Restorative Yoga 1:30-2:30pm</p> <p>Living After Cancer Networking Group 6-7:30pm</p> <p style="text-align: right;">20</p>	<p style="text-align: right;">22</p>
<p>DIY Spa Series 11:30am-12:30pm</p> <p>Qigong 1-2:30pm</p> <p style="text-align: right;">24</p>	<p>Survivor Story Box Series 11:30am-1pm</p> <p>Reaching Beyond: OT Healthy Living Series 1:30-2:30pm</p> <p>Repose Yoga at Movement Rx* 1:30-2:45pm</p> <p style="text-align: right;">25</p>	<p>Tai Chi & Qigong 9:30-11am</p> <p>Caregiver Support Group 11am-12:30pm</p> <p>New Member Orientation 1-2pm</p> <p>Workout Wednesday 1-2pm</p> <p>Yoga Therapy for Cancer 5:30-7pm</p> <p>Bereavement Support Group Series 6-7:30pm</p> <p style="text-align: right;">26</p>	<p>Making Connections While Navigating Treatment Support Group 11:30am-1pm</p> <p>Knitting Circle 12-1:30pm</p> <p>Restorative Yoga 1:30-2:30pm</p> <p>Someone I Love: Helping Children Navigate a Loved One's Diagnosis 6-7:30pm</p> <p style="text-align: right;">27</p>	<p>Frankly Speaking about Cancer: Eating Well During Cancer Treatment and Survivorship 10:30am-12:30pm</p> <p style="text-align: right;">29</p>

CSCGP provides FREE services for all people with cancer and their loved ones. Learn more by attending an Orientation meeting, check the calendar for dates and times. These informal sessions will introduce you to our program of hope and support and are a requirement before participating in support groups.

Monday	Tuesday	Wednesday	Thursday	Saturday
<p>Tai chi 10-11am</p> <p>Meditation with Melissa 11am-12pm</p> <p>Brain Games 12-1pm</p> <p style="text-align: right;">3</p>	<p>Tea Time 10:30-11am</p> <p>Qigong 11am-12pm</p> <p>Reaching Beyond: OT Series 1-2pm</p> <p>New Member Orientation 3-4pm</p> <p>Self-Care Night 6-7:30pm</p> <p style="text-align: right;">4</p>	<p>Chair Yoga 9:30-10:30am</p> <p>Reiki Share 10:30-11:30am</p> <p>Beaded Jewelry Making 1-3pm</p> <p>Yoga 6:30-7:45pm</p> <p style="text-align: right;">5</p>	<p><i>NIA Presented by the Bob Brockman NIA Fund</i> 10-11am</p> <p>Living with Cancer Support Group 1-2:30pm</p> <p>Winter Still Life Painting 6:30-8pm</p> <p style="text-align: right;">6</p>	8
<p>Tai chi 10-11am</p> <p style="text-align: right;">10</p>	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Qigong 11am-12pm</p> <p>Reaching Beyond: OT Series 1-2pm</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Ovarian Cancer Networking Group 6:30-8pm</p> <p style="text-align: right;">11</p>	<p>New Member Orientation 10-11am</p> <p>NEW!! Breast Cancer Networking Group- 10 Week series 11am-12:30pm</p> <p>Laughing About Life with Dr. Yvonne Kaye 11am-12:30pm</p> <p>Mahjong 1-3pm</p> <p>Yoga 6:30-7:45pm</p> <p>Living with Loss Networking Group 6:30-8pm</p> <p style="text-align: right;">12</p>	<p>Living with Cancer Support Group 1-2:30pm</p> <p>Dinner & A Love Story 6-8pm</p> <p style="text-align: right;">13</p>	<p>The Marshall Saturday Men's Breakfast Sponsored by the Tom McDermitt Fund 8-10am</p> <p style="text-align: right;">15</p>
<p>CLOSED</p> <p style="text-align: right;">17</p>	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>Reaching Beyond: OT Series 1-2pm</p> <p>Blood Cancer Networking Group sponsored by the Leukemia & Lymphoma Society 6:30-8pm</p> <p style="text-align: right;">18</p>	<p>Chair Yoga 9:30-10:30am</p> <p>Reiki Share 10:30-11:30am</p> <p>Wool Applique Club 10:30-12:30pm</p> <p>Breast Cancer Networking Group 11am-12:30pm</p> <p>Yoga 6:30-7:45pm</p> <p style="text-align: right;">19</p>	<p><i>NIA Presented by the Bob Brockman NIA Fund</i> 10-11am</p> <p>Arleen Boyes Quilting Circle 11am-3pm</p> <p>Living with Cancer Support Group 1-2:30pm</p> <p>New Member Orientation 6-7pm</p> <p>Reiki Share 6-8pm</p> <p style="text-align: right;">20</p>	22
<p>Tai chi 10-11am</p> <p style="text-align: right;">24</p>	<p>Pilates 9:30-10:30am</p> <p>Tea Time 10:30-11am</p> <p>New Member Orientation 11am-12pm</p> <p>Reaching Beyond: OT Series 1-2pm</p> <p>Living After Cancer Support Group 1-3pm</p> <p>Friends and Family Networking Group 6:30-8pm</p> <p style="text-align: right;">25</p>	<p>Journaling & Beyond: Writing for Health & Happiness 10-11:30am</p> <p>Breast Cancer Networking Group 11am-12:30pm</p> <p>Mahjong 1-3pm</p> <p>NEW!! Cancer in the Kitchen-Week 1 1-3pm</p> <p>Yoga 6:30-7:45pm</p> <p style="text-align: right;">26</p>	<p>Laughing About Life with Dr. Yvonne Kaye 11am-12:30pm</p> <p>Living with Cancer Support Group 1-2:30pm</p> <p>English Paper Piecing 1-4pm</p> <p>Volunteer Training 6-7:30pm</p> <p style="text-align: right;">27</p>	29

February is Cancer Prevention Awareness Month

Tuesday	Wednesday	Thursday
Family Night: Crafts 6:30-8:00pm 4	Hang Out 6:30-8:00pm 5	Hang Out & Math Help with Joseph 6:30 - 8:00pm or by appointment 6
Valentine's Day Party 6:30-8:00pm 11	Living with Loss 6:30-8:00pm 12	Hang Out & Math Help with Joseph 6:30 - 8:00pm or by appointment 13
Family Night: Dinner & A Movie 6:30-8:00pm 18	Baking With Suzanne: Parents Only 6:30-8:00pm 19	Hang Out & Math Help with Joseph 6:30 - 8:00pm or by appointment 20
Family Night: Games 6:30-8:00pm 25	Youth Activities Committee 6:30-8:00pm 26	Hang Out & Math Help with Joseph 6:30 - 8:00pm or by appointment 27

Family Nights

Enjoy a fun evening doing an activity the whole family will enjoy. Sign up by noon day of event.

Tuesday February 4th - Crafts - We will be making special Valentine's Day cards and decorations.

Tuesday February 18th - Dinner and a Movie. Join us for Spaghetti and Meatball Dinner. We will watch a movie. Kids can come in PJS. Bring blankets & pillows. Movie TBD.

Tuesday February 25th - Game Night - We will be playing some unique family games.

Valentine's Day Party

Tuesday, February 11th 6:30-8:00pm

Join us for a fun night of games, crafts and snacks. Sign up by noon.

Living with Loss for Families

Wednesday, February 12th 6:30-8:00pm

A bereavement group for those who have lost someone to cancer. We use games, art and activities to facilitate our discussions. A separate group for parents/guardians coincides. This group is for 5 - 16 yr olds. This group meets 2nd Wednesday of each month.

Baking with Suzanne: Parents Only

Wednesday, February 19th 6:30-8:30pm

Suzanne will share how to prepare dough and create beautiful decorative breads. You will leave with some dough to bake at home and make your house smell amazing!!

Youth Activities Program

Wednesday, February 26th 6:30-8:00pm

This is an opportunity to give back to our program. Help prepare for upcoming activities, events and parties. Great for teens needing service hours

Hang Out

Various Nights 6:30-8:00pm

While parents/guardians are attending their own group or activity, kids/teens can enjoy all the games, activities and craft supplies we have in our program. 48 hrs advance registration is required.

Math Help with Joseph

Most Thursdays 6:30-8:00pm Or by appointment

Need help with math? Joseph can help with basic arithmetic to trig. Registration closes noon day of event. Contact Christina if you prefer an appointment.

To request information or to register please contact:

At Gilda's Club - **Christina at 215-441-3290 • christina@cancersupportphiladelphia.org**

At Ridgeland - **Chinwe at 215-879-7733 • chinwe@cancersupportphiladelphia.org**

Please register 48 hours in advance unless otherwise indicated.

Satellite Locations

Abington Jefferson Health

Asplundh Cancer Pavilion • 215-481-4642

Open Mondays • 3941 Commerce Ave. • Willow Grove, PA 19090

Located on the 1st floor next to Image Recovery.

MONDAYS

February 3 – 10-10:50am **Chair Yoga**

11am-12:30pm **Living With Cancer Support Group**

1-2pm **Colorectal Cancer Networking Meeting**

February 10 – 10-10:50am **Chair Yoga**

11am-12:30pm **Living With Cancer Support Group**

1-2:30pm **Writing for Health & Wellness**

February 17 – 10-10:50am **Chair Yoga**

11am-12:30pm **Living With Cancer Support Group**

1-2pm **Prostate Cancer Networking Group**

February 24 – 10-10:50am **Chair Yoga**

11am-12:30pm **Living With Cancer Support Group**

1-2pm **Bell Rung, Now What? Post Cancer Discussion**

For more information or to register for an event email
bethc@cancersupportphiladelphia.org

Coming Soon....



Comprehensive Cancer Care Network

**Cancer Support
Community Greater
Philadelphia @**

**Cancer Treatment Centers of
America**

1331 E. Wyoming Ave
Philadelphia, PA 19124

Doylestown Hospital • 215-345-2022

Open Tuesdays & Thursdays

595 West State Street • Doylestown, PA 18901

Located on the hospital's first level near the main entrance.

Join us behind the Red Door located on the corridor
off the Main Lobby; second door on the right

TUESDAYS

February 4 – 12-1pm **Mindfulness Meditation**

2-4pm **Painting Workshop**

5-6pm **All Levels Yoga**

7-8:30pm **Bereavement Support Group**

7-9pm **Reiki/Meditation**

February 11 – 11am-12:30pm **Living with Cancer Support
Group**

2-4pm **Painting Workshop**

5-6pm **All Levels Yoga**

6-7pm **Pilates with Sheila**

7-9pm **Breast Cancer Support Group**

February 18 – 12-1pm **Mindfulness Meditation**

2-4pm **Painting Workshop**

5-6pm **All Levels Yoga**

6-7pm **Pilates with Sheila**

7-8:30pm **My Spouse Has Cancer Support Group**

7-8:30pm **Prostate Cancer Support Group**

February 25 – 11am-12:30pm **Brain Cancer Networking
Group**

2-4pm **Painting Workshop**

5-6pm **All Levels Yoga**

6-7pm **Pilates with Sheila**

7-8:30pm **Young Adult Cancer Support Group**

THURSDAYS

February 6 – 11am-12:30pm **Colorectal Cancer Support
Group**

12:30-1:30pm **Mindfulness Meditation**

February 13 – 11am-1pm **Painting Workshop**

February 20 – 11am-12:30pm **Blood Cancer Support
Group**

12:30-1:30pm **Mindfulness Meditation**

February 27 – 11am-1pm **Painting Workshop**

Please Note: FREE Valet Parking is NOW Available at Doylestown Hospital, tipping is not allowed. Valet is available at the Main Entrance from 7am to 5pm and at the Pavilion from 7:30am to 4:30pm. Cancer Support Community members are welcome to use valet for attending our CSC programs. Please feel free to use this service when coming to treatment or programs at the hospital.



Gilda's Club (Warminster)

Reaching Beyond: OT Series **Tuesdays, February 4, 11, 18 & 25th, 1-2pm**

This one-hour class is designed to show the importance of being active and reaching beyond your current potential. Using a holistic approach, occupational therapy students from the University of Sciences will provide a variety of activities each week. Activities will include movement through dance and exercise, exploring your creativity through crafts and writing, and embracing healthy lifestyle choices. Call to find out what the activity will be each week!

Self-Care Night **Tuesday February 4, 2020, 6-7:30pm**

Whether you have been battling cancer yourself or cancer has affected your life in another way, taking care of yourself can be seen as less of a priority. This program focuses on self-care and will go over various rejuvenating tips and tricks to take care of your body. We will have a light dinner and activities to learn new tools to take care of yourself when you are dealing with something overwhelming. Registration is limited.

Breast Cancer Networking Group - 10 Week Series

Wednesday, February 12-April 15, 11-12:30pm
NEW!! Breast Cancer Networking Group allow our members to meet others with a shared diagnosis. These groups offer the chance to share stories, connect with others and obtain resources specific to a breast cancer diagnosis and experience. This group will meet weekly for 10 weeks, individuals can join at any time, weekly attendance is encouraged.

Cancer in the Kitchen **Wednesdays February 26th to April 8th, 1-3pm**

Cancer in the Kitchen is a free seven week series that creates a discussion on the ways in which proper nutrition can help active cancer patients deal with a variety of common side effects, while also providing a weekly example recipe and cooking session. Continued participation in this series is highly recommended as the discussion will continue to build on previous knowledge. This series is open to active cancer treatment recipients experiencing side effects and their caregivers.



The Suzanne Morgan Center at Ridgeland (Philadelphia)

DIY Spa Series **Mondays, February 3 – February 24 (no session February 17)**

Bring the warmth and relaxation closer to home by learning simple recipes for spa-like treatments such as body scrubs and hand soaks, or easy self-care practices such as a hand massage. Each week will focus on a different part of the body and include make-and-take spa goodies or a do-it-with-friends spa experience. Put on some comfy clothes, let us provide the hot tea, and indulge in some (free!) self-care.

Survivor Story Box Series **Tuesdays, February 4 – March 10, 11:30am-1pm**

This program, Cancer Survivor Story Box, will be a 6-week series designed for adult cancer survivors to share their story through meaningful objects and meaningful activities. Participants are welcome to join this program to create an action plan towards participation in meaningful activities, through the support of peers, and will also have the opportunity to share their story by engaging in guided abstract art activities and group discussions. At the end of the series, participants will leave with a complete story box that represents their journey through objects and art. Please note: this series is part of a study being conducted by University of the Sciences doctoral student intern Kanchi Patel, and she will conduct a survey at the end of this series.

Someone I Love: Helping Children Navigate a Loved One's Diagnosis

Thursdays, February 27 - April 2, 6-7:30pm

Children and teens are affected by cancer diagnosis differently and often need support in distinctive ways. This program will assist children in processing thoughts, feelings and questions related to a loved one's diagnosis and treatment. Activities, arts & crafts, as well as games, will be used to facilitate the discussion, and foster open communication and cohesiveness.

Frankly Speaking about Cancer: Eating Well During Cancer Treatment and Survivorship Workshop **Saturday, February 29, 10:30am-12:30pm**

Join us for an empowering educational workshop! Come and listen to oncology registered dietitian, Zachari Breeding, MS, RDN, LDN, FAND, answer your questions and concerns about nutrition before, during, and after cancer treatment.

- Learn why nutrition is an important part of cancer treatment and survivorship.
- Learn how to manage common cancer eating problems during treatment and into survivorship.
- See a demonstration of easy recipes to help manage common eating challenges during cancer treatment and that are healthy for survivors.
- Learn where to find additional resources for nutrition with cancer.

Win Designer Handbags including Michael Kors, Tory Burch, Coach, and more!



THIS YEAR'S
THEME IS

SUPERHEROES

**Designer Bag Bingo
February 29, 2020**

Westaby Hall
425 Hood Blvd, Fairless Hills PA
Doors open 11AM
Games begin at 1PM
Tickets \$25 or table of 8 for \$175
To purchase visit CSCGP.org/basket-bingo

Before you make decisions about treatment
ASK ABOUT YOUR OPTIONS



A SERVICE of the CANCER SUPPORT COMMUNITY 

Facing a cancer treatment decision?
We can help.

The Cancer Support Community and its network of affiliates have offered support, education and hope to people impacted by cancer for nearly 30 years. Now, *Open to Options*™, helps you identify important questions about your treatment options based upon your personal needs.

Call (215)879-7733 or (215)441-3290 to schedule an appointment

2019 Fundraiser Save The Dates

Basket Bingo- February 29, 2020

Mission Possible – April 26, 2020

In Fashion – May 7, 2020

Swing for Cancer Support @ Philadelphia Cricket Club – August 17, 2020

Pints in the Park – September TBD

PAWS 4 Life Walk – October 3, 2020

Gala – October 8, 2020

Raise a Glass – November 19, 2020

For more information regarding any fundraising events or to volunteer please contact Kathy @ 215-441-3290 or email at kathy@cancersupportphiladelphia.org

Did you know?

Many people need to travel for medical reasons, and too often the cost of temporary accommodations can be a major barrier to accessing life-saving treatment or critical respite during recovery. Having free, short-term housing can help ease a patient's financial concerns, while giving them the hope and energy they need to overcome illness. The Airbnb community will provide free housing for cancer patients and caregivers who meet certain geographic and income criteria. Please share the toll-free number dedicated to this service with your friends and families. 1-877-793-0498 Looking to give back? Join the Airbnb's Open Homes community. Hosts can provide a free and welcoming space for people to heal. To learn more about how to be a host: <https://airbnbopenhomes.pxf.io/csc-greater-philadelphia1>

#AirbnbAffiliate



We included an affiliate link to sign up for Airbnb Open Homes. If you use the link to sign up, we may earn a commission.



CANCER SUPPORT COMMUNITY

GREATER PHILADELPHIA

The Suzanne Morgan Center at Ridgeland
4100 Chamounix Drive • Philadelphia, PA 19131
www.cancersupportphiladelphia.org

Address Service Request

2020 February Program Calendar

 **Abington
Jefferson Health**



Comprehensive Cancer Care Network

 **Doylestown Health**



An Affiliate of the
CANCER SUPPORT COMMUNITY



2020 February Program Calendar

**Providing FREE Cancer Support
for All People Affected
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**Gilda's Club
200 Kirk Road • Warminster, PA 18974
215-441-3290**

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